

## Entree Menu Ingredients

| Menu Item                                | Ingredients   |
|--|---|
| Beef Ribique Sandwich                    | <p><b>Ribique Patty</b>-Ground beef (not more than 26% fat), honey barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate caramel color, sugar) water, textured vegetable protein (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, malic acid, sodium acetate, lactose, fumaric acid, artificial flavorings) powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat soybeans, salt, maltodextrin, caramel color) tamarinds, flavor) spices, spice extractive, onion powder, smoke flavor, garlic powder) honey, salt, sodium phosphates.</p> <p><b>BUN:</b> Whole wheat flour, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast, 2% or less soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may contain one of the following: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearyl lactylate, calcium peroxide, dextrose, ascorbic acid, azodicarbonamide, enzymes) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p> |
| Cheese, square Co Jack                   | Cultured pasteurized milk, salt, enzymes, annatto, vitamin A  |
| Cheese, string                           | Pasteurized part-skim milk, cheese culture, salt, enzymes   |
| Chicken Breast Patty with Marinara Sauce | <p>Chicken breast with rib meat, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dried whole eggs, modified food starch, wheat flour, salt, wheat flour, flavor, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, sodium phosphate.</p> <p>Sauce: Tomato puree (water, tomato paste) diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices</p>   |
| Baked Rigatoni                           | <p>Penne pasta (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) Marinara sauce (tomato paste, whole tomatoes, onion, shortening, water, bay leaf, oregano, basil, salt, sugar, thyme) mozzarella cheese, cheddar cheese.</p>   |
| Chicken drumstick                        | <p>Fresh chicken drumstick with either:</p> <p><b>Rotisserie seasoning:</b> Salt, dehydrated onion, paprika, chili pepper and other spices, dehydrated garlic, citric acid, red pepper.</p> <p><b>Buffalo sauce:</b> water, cayenne pepper, vinegar, tomato paste, sugar, salt, molasses (molasses, soy flour, corn starch, silicon dioxide and hydroxylated lecithin), modified food starch, seasonings (spices, Worcestershire powder (corn syrup solids, salt, caramel color, garlic powder, sugar, spices, soy sauces solids (naturally fermented from wheat and soybeans, salt, maltodextrin, caramel color), natural flavors), chili pepper, dextrose, sodium benzoate, dehydrated garlic, citric acid, spice extractives, not more than 2% silicon dioxide, hickory smoke flavor, and xanthan gum.</p>   |
| Chicken Fajita with fixings              | <p>Diced chicken, light and dark meat; Maltodextrin, salt, spices including paprika, modified food starch, sugar, soy sauce powder (soybeans, wheat, salt, autolyzed yeast extract, citric acid, caramel color, natural flavors, garlic powder and silicon dioxide).</p> <p><b>8" Tortilla:</b> Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough</p>   |

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|                              | conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate)  |
| Chicken Nuggets              | <p>Chicken breast with rib meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin)dried whole eggs, seasoning (salt, onion powder, modified corn starch, natural flavor) and sodium phosphates. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum and natural flavors. Breeding set in vegetable oil.</p> <p><b>Honey BBQ Sauce:</b> Tomato paste, water, brown sugar, sugar, honey, vinegar, Worcestershire sauce (water, sugar, salt, vinegar, dextrose, caramel color, MSG, garlic salt, carboxymethylcellulose, chili pepper, spices, mustard, malic acid, natural flavorings, onion, silicon dioxide, sulfate, citric acid) liquid smoke flavoring, Tabasco sauce, tomato stretch, therm flo (made from waxy corn), onion powder, black pepper, salt.</p> |
| Chicken Patty Sandwich       | <p>Chicken breast with rib meat, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dried whole eggs, modified food starch, wheat flour, salt, wheat flour, flavor, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, sodium phosphate.</p> <p><b>Bun:</b> Whole wheat flour, enriched bleached flour (wheat flour, malted barely flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p>  |
| Chicken Rice Bowl- Elem & MS | <p>Brown Rice and diced chicken (light and dark meat) in Szechuan sauce:<br/> <b>Szechuan-</b> water, sugar, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), garlic, soybean oil, chili powder, Tabasco sauce hot pepper sauce, therm flo (made from refined waxy corn) chicken stock (chicken, sugar, salt, natural flavor, modified corn starch, malto-dextrin, potassium chloride, beef fat, soy sauce (fermented soybeans), autolyzed yeast extract, dehydrated onion, chicken flavor (whole egg solids) citric acid, turmeric, flour, caramel food coloring)</p>   |
| Chicken, Sesame              | Diced chicken, pineapple tidbits, scallions, sesame seeds in a sauce of : Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color  |
| Chicken Stew over Biscuit    | <p>Diced Chicken, light and dark meat; Carrot coins; potatoes (potatoes, water, salt calcium chloride), peas;</p> <p>Gravy (water, chicken stock (chicken, sugar, salt, natural flavor, modified corn starch, malto-dextrin, potassium chloride, beef fat, soy sauce (fermented soybeans), autolyzed yeast extract, dehydrated onion, chicken flavor (whole egg solids) citric acid, turmeric, flour, caramel food coloring, maggi seasoning ((water, hydrolyzed corn gluten, soy protein, salt, artificial flavoring)) butter, pepper, salt, caramel food coloring, thermflo (made from refined waxy corn) water, salt and calcium chloride.</p> <p><b>Biscuit:</b> Enriched flour, bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, buttermilk, baking soda, nonfat milk, whey protein concentrate, sugar, sodium aluminum phosphate, salt, sodium acid, pyrophosphate, whey, sodium caseinate, propylene glycol monoesters of fatty acids, mono and diglycerides, natural flavor, sodium stearyl lactylate.</p>   |





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|   | <p>thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p> <p>With Cheese: Cultured pasteurized milk and skim milk, whey protein concentrate, potassium citrate, contains less than 2% salt, sodium citrate, lactic acid, sorbic acid, natural flavor xanthan gum, locust bean gum, guar gum, apo-carotenal and beta carotene, vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.</p>         |
| Hmong Beef Fried Rice                       | Ground beef, brown rice, garlic powder, granulated sugar, salt, brown rice, scrambled eggs. Served with peas, cilantro and scallions.   |
| Italian Dunkers with Marinara Sauce         | French Bread (Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), sugar, vital wheat gluten; Garlic Butter: garlic powder, oregano and basil Mozzarella Cheese *(low moisture part skim mozzarella cheese -pasteurized part skim milk, cheese culture, salt, and enzymes, powdered cellulose, potassium sorbate and natamycin) |
| Nacho Saint Paul                            | <p><b>Cheese sauce:</b> Cheddar cheese blend(cheddar cheese-cultured milk, salt, enzymes), whey, milk, butter, buttermilk, salt, disodium phosphate, enzyme, modified cheddar cheese-cultured milk, salt, enzymes- yellow #5 and #6-food starch-modified, maltodextrin, partially hydrogenated soybean oil, whey, salt, corn syrup solids, autolyzed yeast extract, MSG, citric acid and spice</p> <p><b>Refried Beans:</b> Beans, water, vegetable oil, garlic</p> <p><b>Taco Meat:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid.</p> <p><b>Tortilla Chips:</b> Tortilla Chips: Corn, salt, water, lime juice, vegetable oil, soybean oil.</p> <p>Served with shredded lettuce, tomatoes, onions, shredded cheese.</p>   |
| Peanut Butter and Jelly Sandwich-Grape      | <p>Bread: enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, partially hydrogenated soybean oil, wheat gluten, salt, dough conditioners (may contain one or more of: diacetyl tartaric acid esters of mono and diglycerides, mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl, lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine) yeast nutrients, calcium propionate, corn starch, enzymes. Peanut butter: peanuts, dextrose, sugar, partially and fully hydrogenated vegetable oils, salt, molasses, mono and diglycerides. Grape Jelly: grape juice, high fructose corn syrup, corn syrup, pectin, citric acid, potassium sorbate.</p>  |
| Peanut Butter and Jelly Sandwich-Strawberry | <p>Bread: enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, unbleached whole wheat flour, high fructose corn syrup, yeast, partially hydrogenated soybean oil and/or soybean oil, contains 2% or less : wheat gluten, salt, dough conditioners (may contain one or more of: diacetyl tartaric acid esters or mono and diglycerides, mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine) yeast, monocalcium phosphate, calcium sulfate, ammonium sulfate, calcium propionate, corn starch, enzymes. Peanut butter: peanuts, dextrose, sugar, partially and fully hydrogenated vegetable oils, salt, molasses, mono and diglycerides. Strawberry jam: strawberries, high fructose corn</p>   |

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|                                      | syrup, corn syrup, sugar, pectin, citric acid, potassium sorbate.   |
| Peanut Butter & Jelly Bar            | Peanut butter (peanuts, dextrose, partially hydrogenated vegetable oil, salt,) graham wafers (enriched unbleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid) graham flour, sugar, brown sugar, partially hydrogenated soybean oil, baking soda, corn sugar, salt, lecithin, vanilla) grape jelly (high fructose corn syrup, sugar, water, grape juice concentrate, fruit topping powder (pectin, citric acid, sodium citrate, standardized with dextrose) fruit topping acid (water, phosphoric acid, citric acid)  |
| Pizza-MS and HS – additional choices | <b>Whole wheat crust</b> (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim milk mozzarella cheese:<br><b>Sausage topping:</b> Beef; water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color), salt, seasoning (sugar, spices, hydrolyzed corn protein, spice extractives), beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed corn protein, grill flavor, smoke flavor, beef stock, salt, sodium phosphate)<br><b>Pepperoni topping:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid |
| Pizza choices All grades             | <b>Whole wheat crust</b> (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese;<br><b>Veggie pizza toppings:</b> green pepper and onions<br><b>Hawaiian toppings:</b> turkey thigh meat (water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate); pineapple tidbits in juice.   |
| Quesadilla with Guacamole            | 6" Tortilla: Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate); low skim mozzarella cheese, reduced fat cheddar cheese<br><b>Guacamole:</b> Avocados, jalapeno puree (distilled white vinegar, jalapeno puree) dehydrated onion, salt, granulated garlic.  |
| Ravioli                              | Tomatoes (water, tomato puree) water, ground beef, enriched wheat macaroni with fortified protein made with casein (wheat flour, malted barely flour, niacin, iron, thiamine mononitrate, riboflavin, casein, wheat gluten, nicotinic acid, thiamine hydrochloride, riboflavin, reduced iron) less than 2% high fructose corn syrup, carrots, cracker meal (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, onions, citric acid, soybean lecithin, flavorings, caramel coloring and soybean oil.  |
| Rotini Hot dish                      | Ground beef, beef base*( beef, hydrolyzed vegetable protein, salt, sugar, chicken fat, dehydrated onions, caramel color, disodium insinuate, disodium guanylated flavoring), TVP*(soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vit.A, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin and cyanocobalamin), dried onions, tomato stretch*( modified corn starch, dextrose, citric acid, paprika, beet powder, salt),crushed tomatoes(tomatoes, salt, citric acid), sugar, brown sugar, salt, black pepper, oregano, basil, garlic powder and fennel <b>PASTA:</b> Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid; Cheddar   |

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|                                       | cheese, mozzarella cheese.  |
| Sandwich, Deli (for Field Trips)      | <p><b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.</p> <p>Cheese: Cultured pasteurized milk and skim milk, whey protein concentrate, potassium citrate, contains less than 2% salt, sodium citrate, lactic acid, sorbic acid, natural flavor xanthan gum, locust bean gum, guar gum, apo-carotenal and beta carotene, vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.</p> <p><b>Bun:</b> Whole wheat flour, enriched bleached flour (wheat flour, malted barely flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p>   |
| Sloppy Joe on bun                     | <p>Ground beef, salt, chili powder, black pepper, beef base( beef, hydrolyzed vegetable protein, salt, sugar, chicken fat, dehydrated onions, caramel color, disodium inosinate, disodium guanylated flavoring), TVP***( soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vit.A, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin and cyanocobalamin), dried onions, catsup,(Tomato concentrate made from ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring) chili sauce (tomatoes, corn syrup, vinegar, salt, dehydrated onions, onion powder, spice, and natural flavors), sugar, Tabasco sauce (red pepper, vinegar, salt)</p> <p><b>Bun:</b> Whole wheat flour, enriched bleached flour (wheat flour, malted barely flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p> |
| Smoked Turkey and Cheese Hoagie (SEC) | <p><b>Turkey Ham:</b> Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite</p> <p><b>BUN:</b> Whole wheat flour, enriched bleached flour (wheat flour, malted barely flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p> <p><b>CHEESE:</b> Cultured pasteurized milk and skim milk, whey protein concentrate, potassium citrate, contains less than 2% salt, sodium citrate, lactic acid, sorbic acid, natural flavor xanthan gum, locust bean gum, guar gum, apo-carotenal and beta carotene, vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.</p>   |
| Spaghetti and Meatballs               | <p><b>Spaghetti:</b> Semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid. Sauce: Tomato puree (water, tomato paste) diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices</p> <p><b>Meatballs:</b> Ground beef, water, breadcrumbs (bleached wheat flour, salt, yeast, dextrose, partially hydrogenated vegetable oil ((soybean and/or cottonseed)) seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomato puree (tomatoes, citric acid) grated parmesan cheese (cultured part-skim milk, salt, enzymes, cellulose powder, potassium sorbate) grated romano cheese made from cow's milk (cultured pasteurized part skim milk, salt enzymes, cellulose powder, potassium sorbate))</p>  |
| Sub Sandwich-offered daily            | <b>French Bread</b> (Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat  |

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|                                  | <p>flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten</p> <p><b>Turkey Breast:</b> Turkey breast meat, turkey broth, less than 2% potassium lactate, salt, dextrose, modified food starch, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite, flavoring</p> <p><b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.</p> <p><b>Cheese:</b> Cultured pasteurized milk and skim milk, whey protein concentrate, potassium citrate, contains less than 2% salt, sodium citrate, lactic acid, sorbic acid, natural flavor xanthan gum, locust bean gum, guar gum, apo-carotenal and beta carotene, vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.</p> |
| Taco or Taco Salad               | <p><b>Meat:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid.</p> <p><b>Refried Beans:</b> Beans, water, vegetable oil, garlic</p> <p><b>Tortilla:</b> Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate)</p> <p>Tortilla Chips: Corn, salt, water, lime juice, vegetable oil, soybean oil.</p> <p>Shredded Lettuce mixture: cabbage, iceberg lettuce.</p>   |
| Teriyaki Chicken and Edamame     | <p>Diced chicken, light and dark meat, brown rice, teriyaki sauce (Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color) red pepper, cilantro, edamame (baby soybeans)</p>   |
| Thai Peanut Chicken with Noodles | <p>Diced chicken, spaghetti noodles (Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid)</p> <p>Sauce: peanut butter, honey, garlic, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), ground ginger.</p>   |
| Turkey Hot Dog on bun            | <p>Mechanically separated turkey, water, salt, corn syrup, dextrose, 2 % or less paprika, potassium lactate, smoke flavoring smoke diacetate,, sodium erythorbate, sodium phosphate, sodium nitrite, spices and flavorings</p> <p>Whole wheat flour, enriched bleached flour (wheat flour, malted barely flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, wheat gluten, yeast. Contains less than 2%: soybean oil, salt, calcium sulfate, calcium propionate, guar gum, dough conditioners (may be: mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, l-cysteine) distilled vinegar, butter, yellow corn flour, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate) corn starch, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds.</p>   |
| Veggie Chili and Cornbread       | <p><b>Chili:</b> Tomatoes, diced, tomato sauce, onions, red and green peppers, garlic, water, olive oil, coriander seed, cumin, chili powder, salt, white pepper, cayenne pepper, pinto beans, black beans.</p> <p><b>Cornbread:</b> Eggs( whole eggs, citric acid, water), salt, baking powder, pan oil, shortening*(partially hydrogenated soybean oil with citric acid), water, flour *( wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin), sugar, cornmeal, dry milk (nonfat dry milk, lactose, vit.A and vit.D) and honey</p>   |

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| Yogurt Parfait | <p>Yogurt: Cultured pasteurized grade A lowfat milk, sugar, high fructose corn syrup, modified corn starch, kosher gelatin, potassium sorbate, natural flavor, vitamin A acetate, vitamin D3.</p> <p>Strawberries: Whole frozen strawberries, sugar.</p> <p>Or</p> <p>Cherries: Frozen cherries, sugar, butter, water, thermflo ((thickener made from waxy corn)), granulated sugar, vanilla extract</p> <p>Or</p> <p>Pineapple: Pineapple, pineapple juice</p> <p>Or</p> <p>Blueberries, frozen whole</p> |
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### High School Special Items

| <b>Good to Go</b>                         |  |
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| <b>Good to Go</b><br>Asian Noodle Salad   | Spaghetti pasta plus (Semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid.) Teriyaki sauce (Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color), diced chicken (white and dark meat), red pepper, carrots, cilantro, scallions.   |
| <b>Good to Go</b><br>Buffalo Chicken Wrap | Chicken, diced (white and dark meat), sauce (brown sugar, paprika, salt, cider vinegar, red pepper, catsup, shredded lettuce, celery, Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients)  |
| <b>Good to Go</b><br>Chicken Caesar Salad | Lettuce, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., croutons (flour, partially hydrogenated soybean and or cottonseed oil, water, whey, salt, high fructose corn syrup, parsley, spiced, sugar, paprika, onion powder, yeast, wheat gluten, turmeric, TBHQ) Garlic Chicken mix: diced chicken, olive oil, seasoning (dried garlic, black pepper, salt, sugar, dried onion, corn starch and corn oil) Caesar dressing on side: (lowfat mayonnaise, lemon juice, Worcestershire sauce, garlic, salt, black pepper, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., nonfat dry milk) |
| <b>Good to Go</b><br>Chicken Salad Wrap   | Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients) diced white meat chicken, celery, onions, red pepper, green pepper, cream cheese, Ranch dressing (white dressing base(salt, MSG, onion, garlic, spice, dextrose), parsley flakes, black pepper, sorbic acid, mayonnaise* (soybean oil, egg yolks, water, distilled vinegar, corn syrup, lemon juice, salt, spice, natural flavor, disodium EDTA (to protect flavor), sugar, lemon juice (filtered water, lemon juice concentrate, sodium benzoate (preservative) and sodium bisulfite (preservative), lemon oil),  |

## Entree Menu Ingredients

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|   | vinegar, water)   |
| <b>Good to Go</b><br>Creamy Chicken Pasta Salad | Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid. Broccoli, green peppers, red peppers, , onions, celery. Ranch dressing (water, soybean oil, cultured buttermilk ((cultured lowfat milk and skim milk)), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream ((cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate)), sorbic acid, sodium benzoate and calcium disodium EDTA, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5)  |
| <b>Good to Go</b><br>Dressing, Lofat Caesar     | Lofat mayonnaise, lemon juice, worchestershire sauce (distilled vinegar, molasses, vorn syrup, water, salt, caramel color, sugar, spices, anchovies, natural flavor tamarind-contains soy),, garlic, salt, pepper, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., milk.  |
| <b>Good to Go</b><br>Thai dressing              | Vinegar, salt, garlic powder, low sodium soy sauce, chili sauce, ginger, sesame oil, vegetable oil.   |
| <b>Good to Go</b><br>Sub sandwich               | <b>French Bread</b> (Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten<br><b>Turkey Breast:</b> Turkey breast meat, turkey broth. Contains less than 2% of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring.<br><b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.<br>Shredded lettuce, diced tomaotes |
| <b>Good to Go</b><br>Smoked Turkey Ham Roll-up  | Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients) smoked turkey (Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite) mozzarella cheese, shredded lettuce, diced tomatoes, Spread: cream cheese, Sun Dried Tomatoes, Spices, Vinegar, Salt, Olive Oil, Pepper (Black and Crushed Red), Modified Corn Starch to prevent caking, Granulated Garlic, Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose. (Pasteurized Milk, Salt, Enzymes), Granulated Onion.   |
| <b>Good to Go</b><br>Turkey Chipotle Sandwich   | Whole wheat bread (high gluten flour, cracked wheat flour, water, nonfat dry milk, yeast, salad oil, bran salt, white rye, potato dough conditioner, wheat flour, dextrose, diacetyl tarttric acid esters of mono and diglycerides,   |

### Entree Menu Ingredients

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|  | soybean or cottonseed oil, ascorbic acid, fungal enzymes, azodicarbonamide, L-cysteine) Chipotle Mayo (Lowfat mayonnaise, roasted red pepper puree, chipotle pepper puree, onion, garlic, corn oil, natural smoke flavor, paprika, yeast extract, salt, modified corn starch, sugar, sodium benzoate) turkey breast (with turkey broth, salt, carrageenan, sodium phosphate) cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), tomatoes, lettuce.   |
| <b>Good to Go</b><br>Turkey Bacon Club Sand. | Whole wheat bread, deli style turkey (Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, slat, sugar, carrageenan, sodium phosphates, sodium diacetate, sodium erythorbate (made from sugar), sodium nitrite), bacon cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite   |
| <b>Good to Go</b><br>Buffalo Chicken Salad   | Sauce: Water, cayenne pepper, vinegar, tomato paste, sugar, salt, molasses (molasses, soy flour, corn starch, silicon dioxide and hydroxylated lecithin) modified food starch, seasoning (spices, Worcestershire powder (corn syrup solids, salt, caramel color, garlic powder, sugar, spices, soy sauce solids (naturally fermented from wheat and soybeans, salt, maltodextrin, caramel color), natural flavors, chili pepper, dextrose, sodium benzoate, dehydrated garlic, citric acid, spice extractives, not more than 2 % silicon dioxide, hickory smoke flavor and xanthan gum  |
| <b>Good to Go</b><br>Thai Chicken Salad      | Salad lettuce, shredded jicama, peanuts, Thai chicken mix (diced white meat chicken, Peanut butter,(peanuts, dextrose, corn syrup, hydrogenated cottonseed and canola oil, salt) water, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate) vinegar, sugar, sesame seed oil, sherry wine, dried garlic hydrolyzed wheat and soy protein, spice, salt, modified food starch, xanthan gum, sodium benzoate, disodium inosinate and disodium guanylate, natural flavors of ginger, coriander, lemon grass, tamarind)Dressing: Vegetable oil, cider vinegar, peanut butter, garlic powder, chili sauce, ground ginger, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), hot sauce, salt.  |
| <b>Good to Go</b><br>Vegetarian Chef Salad   | Salad lettuce, tomato, cucumber, hard boiled egg and/or , cheddar cheese  |
| <b>Good to Go</b><br>Chef Salad              | Salad lettuce. Cheddar cheese, tomato, cucumber, hard boiled egg, deli style ham  |
| Taco Bar-HS                                  | <b>Corn shell:</b> Enriched limed corn (limed corn, niacin, iron, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean oil<br><b>Soft shell:</b> Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate) <b>Taco Meat:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid.<br><b>Refried Beans:</b> Beans, water, vegetable oil, garlic<br><b>Spanish Rice:</b> Brown rice, water, crushed tomatoes, brown sugar, celery, onion, butter, Worcestershire sauce, chili powder, salt.<br><b>Corn with peppers:</b> Whole kernel corn, water, salt, green peppers, red peppers. |

## Entree Menu Ingredients

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|  | <b>Spanish Rice:</b> Brown rice, water, crushed tomatoes, brown sugar, celery, onion, butter, Worcestershire sauce, chili powder, salt.  |
| Pizza Bar                                |  |
| Pizza, Pineapple and Canadian turkey ham | Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese; turkey thigh meat (water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate); pineapple tidbits in juice.   |
| Pizza, Veggie                            | Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese; green pepper, onion.  |
| Pizza-Sausage and/or Pepperoni           | Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt;<br><b>Cheese:</b> part skim mozzarella cheese<br><b>Sausage:</b> Beef; water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color), salt, seasoning (sugar, spices, hydrolyzed corn protein, spice extractives), beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed corn protein, grill flavor, smoke flavor, beef stock, salt, sodium phosphate)<br><b>Pepperoni:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid |
| Pasta Bar                                |  |
| Pasta Plus Rotini and Penne Pasta        | Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid  |
| Pasta Plus Spaghetti                     | Semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid.  |
| Meatsauce                                | Ground beef, beef base (roasted beef and natural juices, corn syrup, corn oil, autolyzed yeast extract, chicken fat, salt, caramel color, natural flavor and wine) onions, garlic, salt, basil leaf, fennel seed, pepper, oregano, bay leaves, carrots, water, tomato paste, tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid..  |
| Marinara Sauce                           | Tomato puree (water, tomato paste) diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices  |
| Garlic Bread                             | French Bread (Wheat bread flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium  |

### Entree Menu Ingredients

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|  | stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten; butter, Garlic Sprinkle (partially hydrogenated soybean and cottonseed oil, dehydrated garlic, Romano cheese from cow's milk (cultured pasteurized part-skim milk, salt, enzymes) salt, modified food starch, parsley, potassium sorbate, whey, natural flavor, lipolyzed butterfat, yellow 5 lake natural flavor and less than 2% silicon dioxide to prevent caking. |
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All ingredient information is based upon labels included with products or received from vendors and manufacturers.